

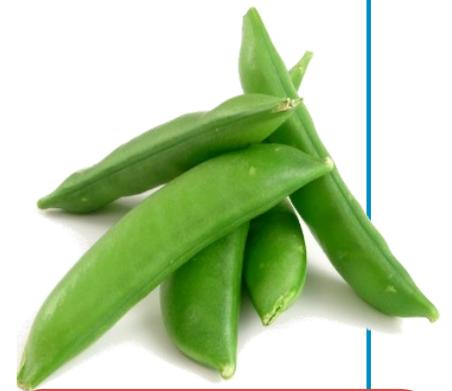
Fresh Fruit and Vegetable Program

PRODUCE NEWSLETTER



DISTRICT OF COLUMBIA
PUBLIC SCHOOLS

Food & Nutrition Services



Snow Peas

Snow Peas are good for you because: they have a lot of fiber and protein. Fiber is great to make sure your digestive system is healthy!

Farm to School ~

Snow peas are available year-round, with the peak season being spring and early summer, before it is too hot. Snow peas are legumes and legumes actually help heal the soil after crops have caused damage, making peas one of the farmer's best friends.

Selection and Storage ~

Choose snow peas that are light green in color with smooth, firm skin. Store snow peas in the fridge for up to 3 days for best taste.

Origin ~ Where did it come from?

Originally from the Mediterranean, snow peas were very popular in Europe during the 19th century. Snow peas eventually made their way to China soon after and have been a staple in Chinese cuisine since.

Fun Facts



In France snow peas are called "mange tout" which translates to "eats everything" because snow peas can be eaten whole, including their skin.

Snow peas grow well in the cold and can appear white if the light reflects off their pods just right, giving them their name "Snow Peas".

Word Search

S	A	K	S	H	F	H	G	V	Y
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CHINESE
LEGUMES
PROTEIN

DIGESTIVE
PEAS
SNOW

FRANCE
PODS
VEGETABLE



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SNOW PEAS COLORING



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